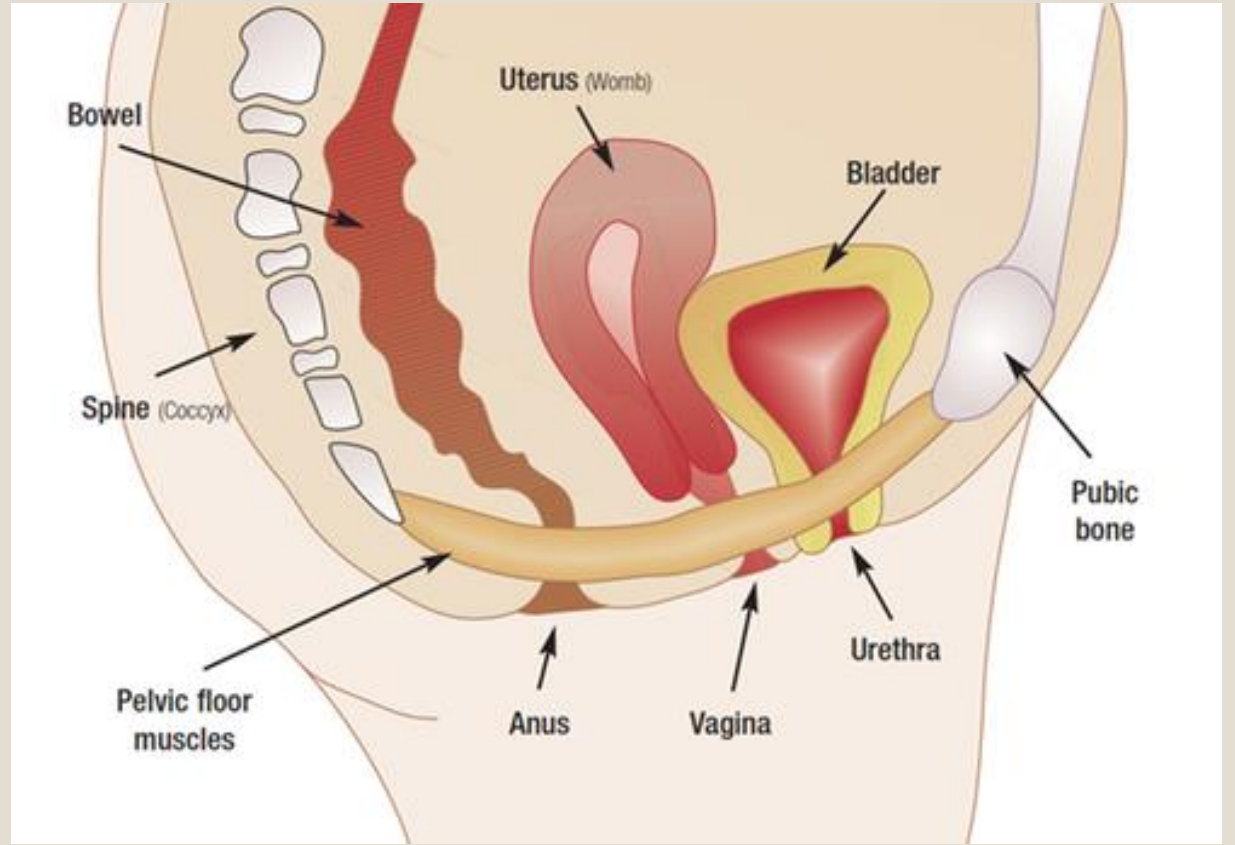
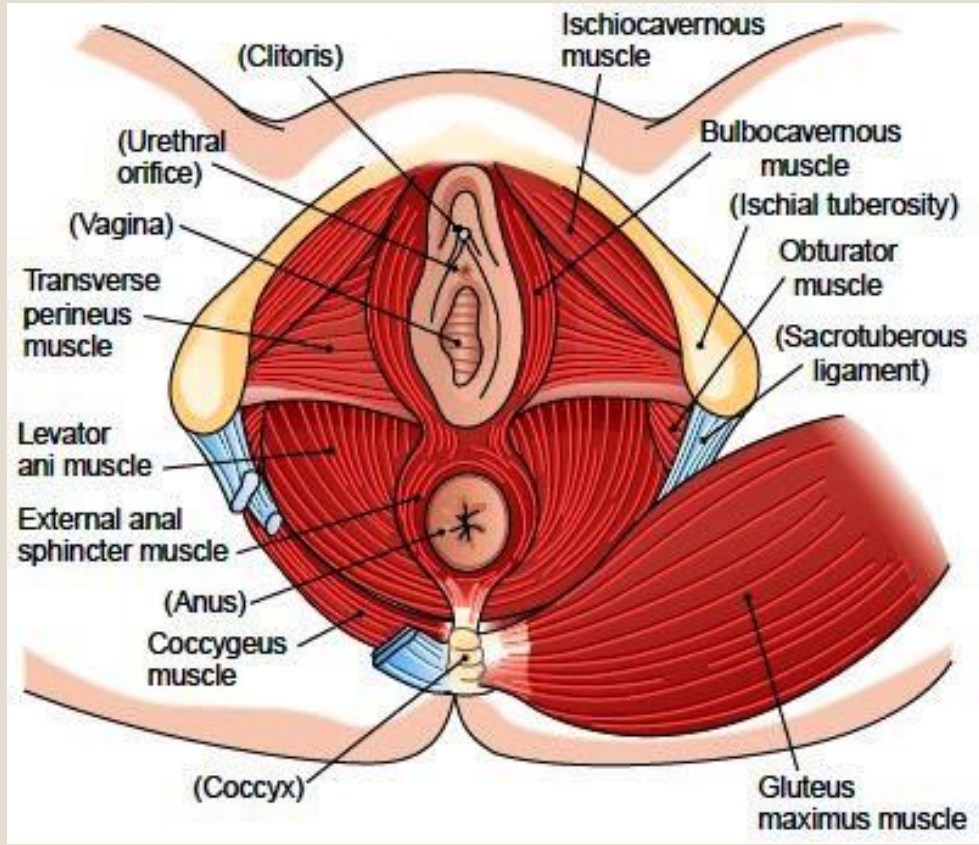




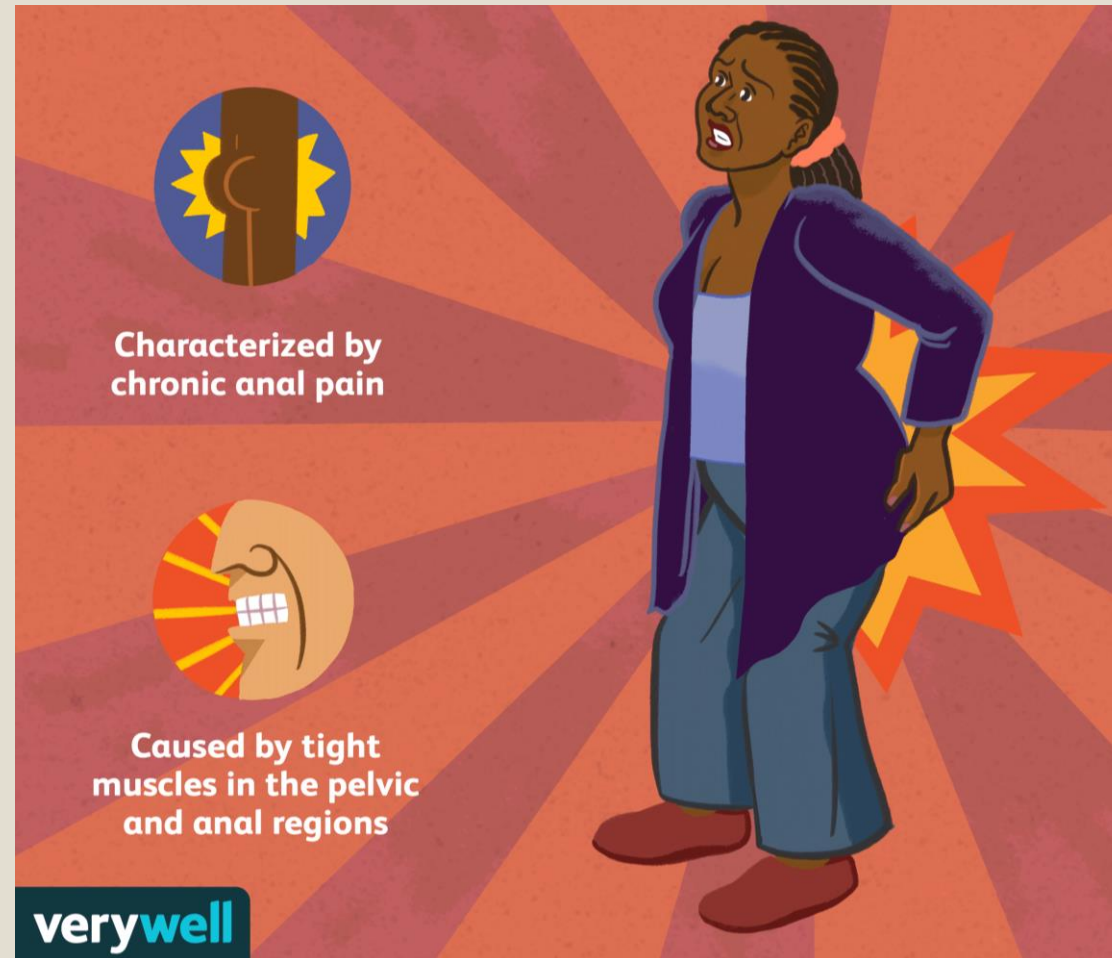
PELVIC FLOOR MUSCLE SPASM:

Myths busted and FAQs answered

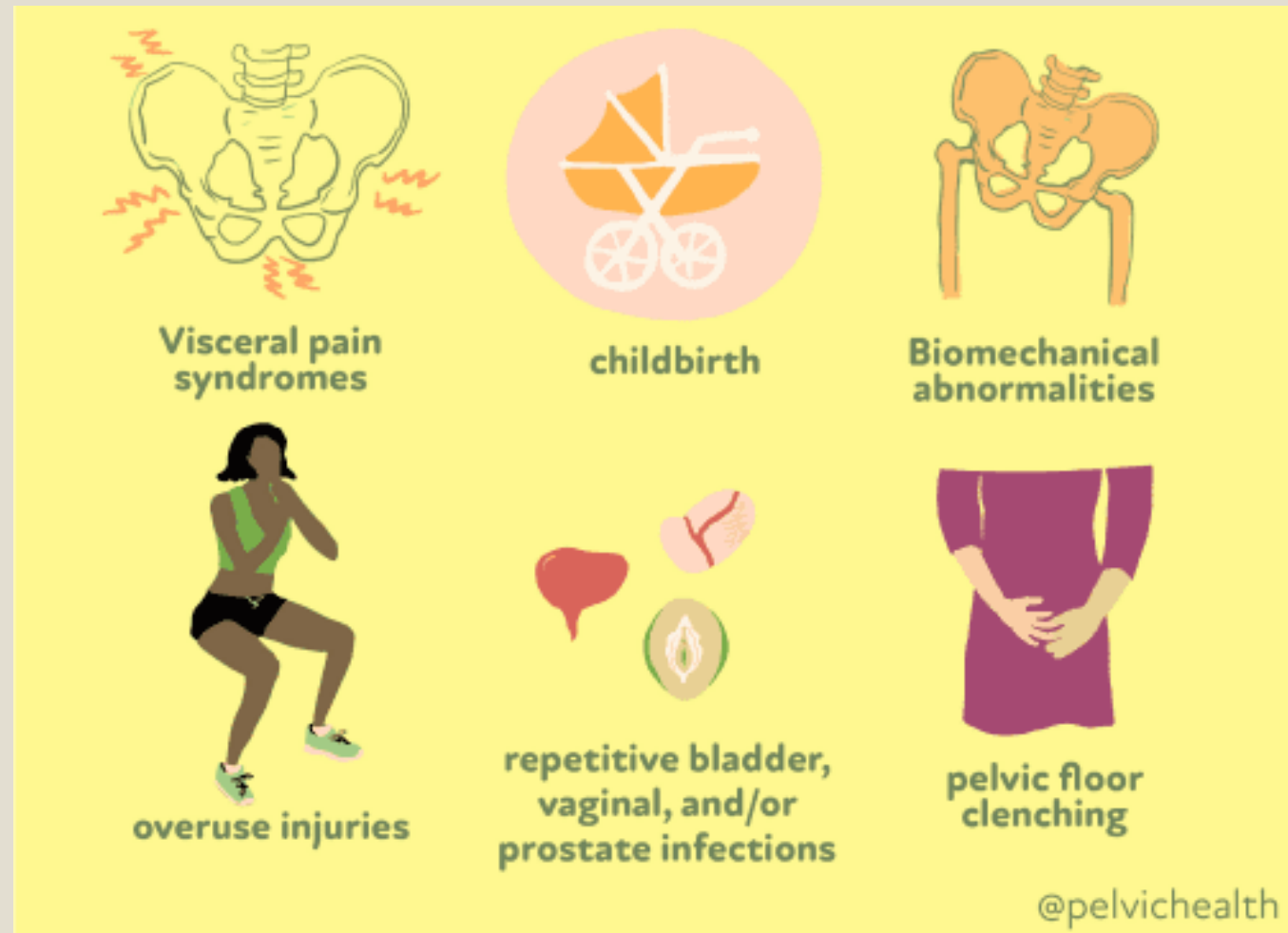


What is the pelvic floor?

What is pelvic floor spasm?



What causes pelvic floor spasm?



Does this mean the
pain is all in my head?

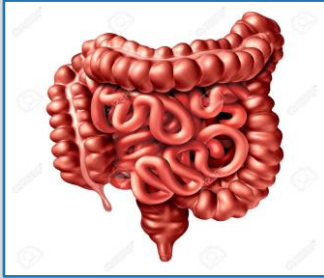
So, it's no big deal
and I just need to live
with it?



Does this mean I don't have [another medical problem]?

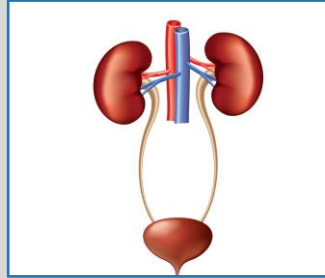
But, I was told I had [another medical problem]?

GI



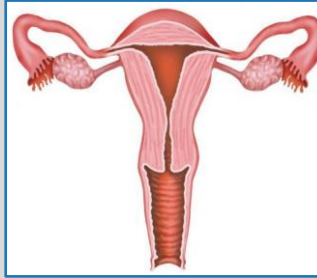
- IBS
- IBD
- Celiac disease
- Constipation
- Diverticulitis
- Chronic appendicitis
- Parasitic infection
- Ischemic colitis
- Colon cancer
- Hernias
- Intermittent bowel obstruction

URO



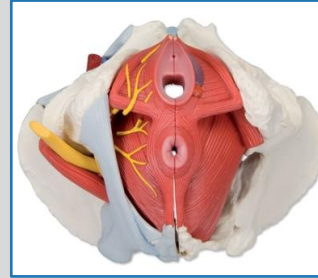
- Interstitial cystitis (painful bladder syndrome)
- UTI
- Nephrolithiasis
- Bladder cancer

GYN



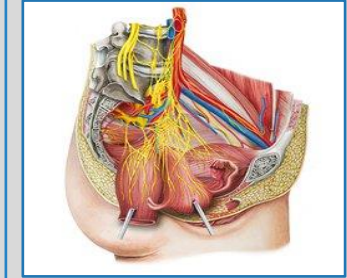
- Endometriosis
- Adenomyosis
- Degenerating or large fibroids
- Ovarian masses
- PID
- Hydrosalpinx
- Ovarian remnant
- Isthmocele
- Adhesions
- Vulvar dermatoses
- Vaginal atrophy
- Pelvic congestion

MSK

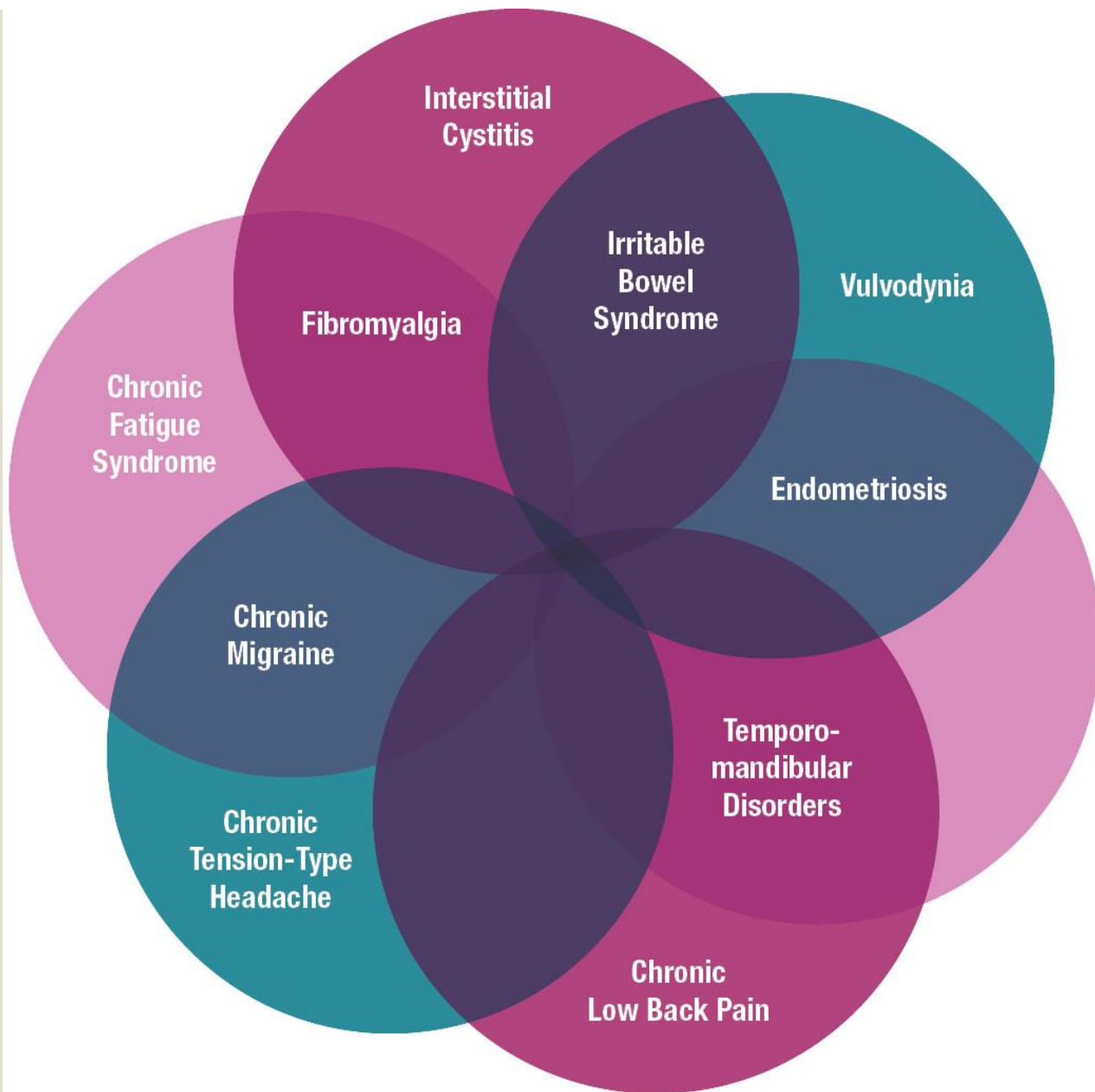


- Pelvic floor tension myalgia
- Myofascial pain
- Sacroiliac dysfunction
- Paraspinous muscle spasm
- Piriformis syndrome
- Coccydynia

NEURO



- Ilioinguinal, iliohypogastric neuropathy
- Pudendal neuropathy
- Vulvodynia
- Cervical allodynia
- Vaginal apex pain
- Central sensitization



Overlapping Pain Conditions

Figure 1. A sample of chronic overlapping pain conditions (Courtesy CRPA).

It feels like something is falling out.

I was told I have prolapse.

PROLAPSE OF THE UTERUS



a healthy uterus



I stage
uterine prolapse



II stage
uterine prolapse



III stage
uterine prolapse

Examples of pelvic organ prolapse

www.oriophysio.com

There's nothing I can do?

Pelvic floor muscle spasm Treatment:

- Not surgical
- Heat, NSAIDs, Ice
- Pelvic floor physical therapy
 - Reverse Kegel exercises
 - Water therapy
 - Vaginal dilators
 - Dry needling
 - TENS unit
- Muscle relaxants
- Injections

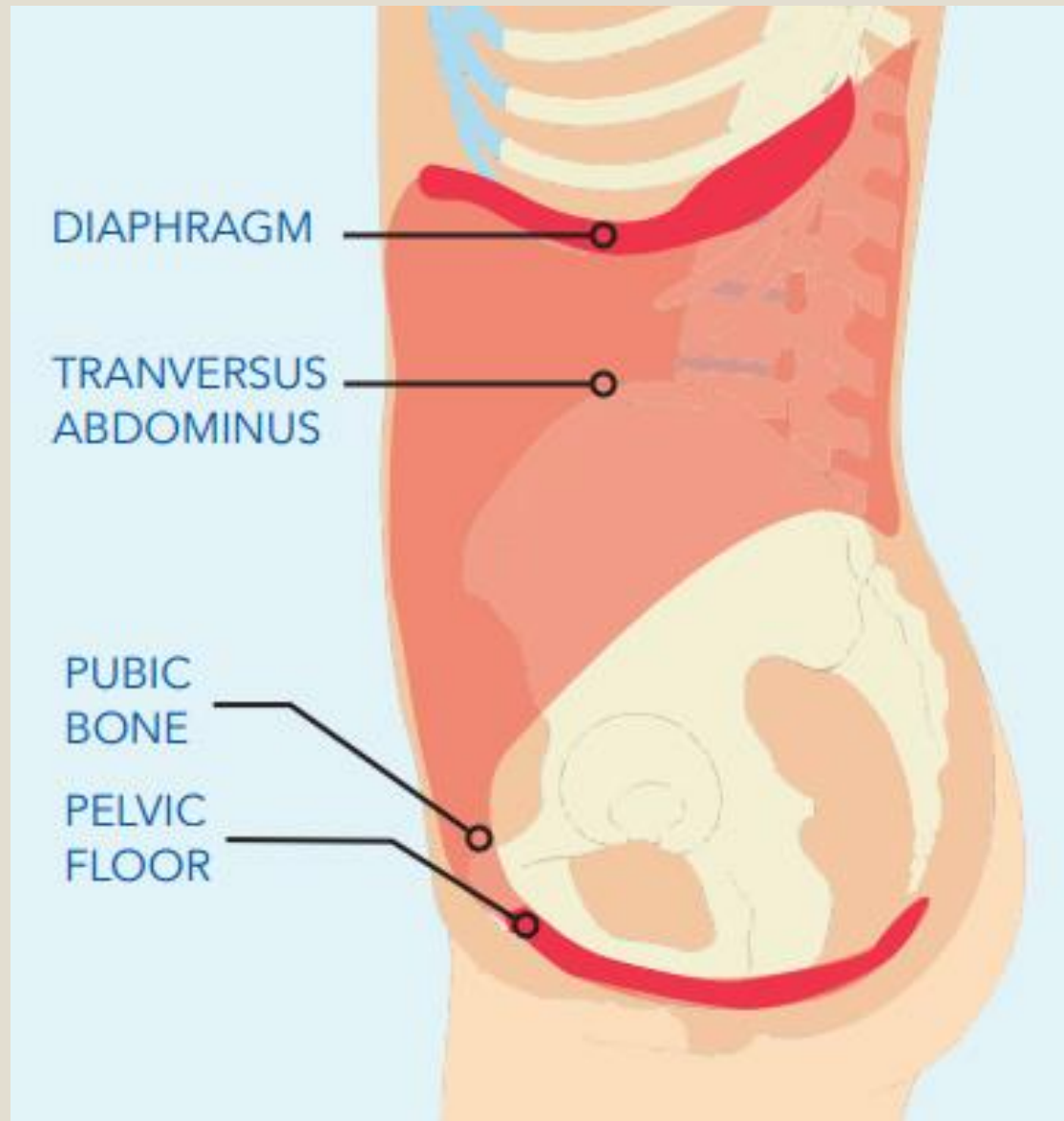


I can just do PT at home/
on my own.



It's not just pain during sex.

I have pain in my hips/back/legs/abdomen
too.



DIAPHRAGM

TRANVERSUS
ABDOMINUS

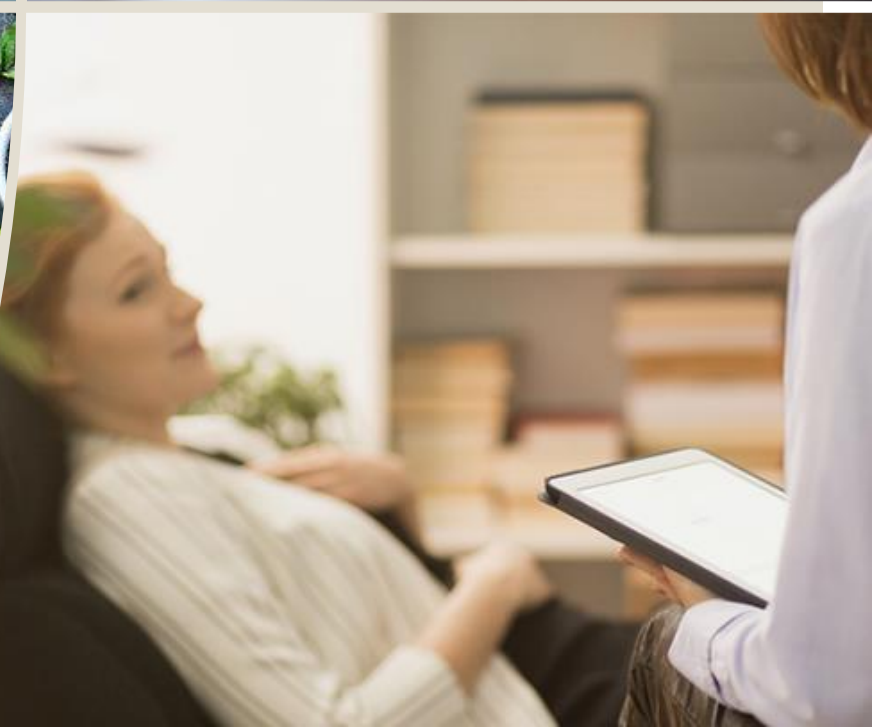
PUBIC
BONE

PELVIC
FLOOR

I don't want to take
medications.

I've tried medications
and PT before, and they
didn't help.

- Anti-inflammatory diet
- Sleep
- Exercise
- Cognitive behavioral therapy
- Chiropractic care
- Acupuncture
- Massage therapy
- Meditation
- Mindfulness



Do you have any resources?

- Pelvic floor relaxation videos
 - <https://www.youtube.com/watch?v=Auca88tmUu8>
- Pelvic floor yoga videos
 - https://www.youtube.com/watch?v=2aEceax_be4&t=1585s
- Anti-inflammatory diet
 - http://www.bcwomens.ca/Gynecology-Site/Documents/Pelvic%20Pain-Endo/2015Nov_CPP-diet-handout.pdf
- IPPS Patient handouts
 - https://www.pelvicpain.org/IPPS/Content/Professional/Patient_Handouts.aspx